

Spiral Journaling and Intention-Setting Activity

Individual Reflection (5-7 Minutes)

- Open your Faculty College journal or use the template provided on the back of this page.
- Begin with a few more cleansing breaths to center yourself, preparing to focus.
- In the center of the page, select a middle point to begin drawing a spiral, or trace the template on the back of this page. As you draw, listen for our verbal prompts to bring attention to your embodied presence in the moment. (Place your focus on the very tip top of your head, then move to the center of your forehead, your temples, the back of your neck, etc.).
- Now draw four quadrants radiating from the spiral in the center.
- In each quadrant, respond to the following prompts:
 - “Right now my body is feeling...” (Left Top)
 - “The best thing about last semester was...(Right Top)
 - “Challenges I’m bringing to Faculty College are...” (Left Bottom)
 - “At Faculty College, I hope to...” (Right Bottom)



Sharing in Teams (20 Minutes)

- At your University Team tables, introduce yourself and your home department, unit, etc.
- Share one idea from your spiral journal reflection.
- Limit individual time to 1-2 minutes each to hear all voices at the table.

Team Intention-Setting (20-25 Minutes)

- As a University Team, create an Intention Board, a visual representation of what the team hopes to take away from this week at Faculty College.
- Somewhere on the page, write the name of the university team.
- Discuss as a team some intentions or hopes for this week.
- Using the materials provided on the table, each person contributes one item to the group collage (a sticker, an image, a phrase, a notecard with a quote, etc.).
- Share with each other, then photograph the Team and the Intention Board to reference throughout the week and for the final presentation on Friday.

Additional Context and Resources

- Renowned educator, graphic novelist, and cartoonist Lynda Barry created spiral journaling as a technique for calmly preparing to draw and write “while sharpening observational precision.” Born in Richland Center, WI, Barry received a MacArthur Genius Grant (2019) and has been celebrated for contributing to Filipinx American feminist cultural art and writing. For her guided prompts on spiral journaling, see [“Images 1: Spiral Before Working” \(YouTube Sept. 3, 2020\).](#)
- [Equity Unbound](#) adapted spiral journaling for their collaborative curriculum of equity-focused, open, and intercultural learning materials. See [Maha Bali and Mia Zamora \(2020\).](#)
- In ongoing research about high-impact teaching practices, scholars such as Ashley Finley (2019) and Jillian Kinzie (et. al 2022) emphasize the importance of reflection as a central component of ensuring that HIPs remain effective and equitable.
- Throughout this week at Faculty College, we encourage you to return to this technique for reflecting on the materials that will be presented by Dr. Lisa Brock. How might you incorporate more intentionally structured and integrated forms of reflection in your teaching and learning through a social justice lens?

Right now my body is feeling...

The best thing about last semester was...

Challenges I'm bringing to
Faculty College are...



At Faculty College, I hope to...